

WHAT ARE THE BENEFITS OF AFTB TRAINING?

- Increased self-esteem and self-reliance
- Opportunity to meet others
- University credit (ask for details)
- Empowerment through knowledge about community
- Greater potential to hold leadership positions through your increased knowledge
- Promotion points for soldiers

WHY SHOULD I COME TO AN AFTB CLASS?

Our classrooms are rank-free and advanced knowledge or experience of the material covered in our classes is not required.

No matter the status or rank of your sponsor you are welcome in our classroom and it is our goal to make sure you feel comfortable enough to ask questions and participate freely.

The Presidio of Monterey Program is here to make sure all soldiers, family members and community members have access to our courses which provide knowledge of military life and empower you with knowledge and continuing education.

CLASS SCHEDULE

LEVEL II

August 28, 29 **Marathon Blast**
0830-1630

LEVEL I

September 25, 26
Level I
0830-1630

LEVEL II

October 23, 24, 27
0830-1400

LEVEL III

November 28, 30 and December 1
0830-1400

LEVEL I

January 29, 30
0830-1400



Army Community Service
Gold Room
Building 4260 Gigling Road
(831) 242-7660/6890

**FREE
CHILDCARE,
UNIVERSITY CREDIT,
PROMOTION POINTS**

ARMED FORCES TEAM BUILDING



LEVEL I

- 1.1 Expectations and Impact of the Mission on Family Life**
- 1.2 Military Acronyms and Terms**
- 1.3 The Chain of Command**
- 1.4 Intro. to Military Customs and Courtesies**
- 1.5 Basic Military Benefits and Entitlements**
- 1.6 Intro. to Military and Civilian Community Resources**
- 1.7 Intro. to Family Readiness Groups**
- 1.8 Supporting your Child's Education**
- 1.9 Intro. to Family Financial Readiness**
- 1.10 Basic Problem Solving**

LEVEL II

- 2.01.1 Enhancing Relationship Building**
- 2.01.2 Introduction to Effective Leadership**
- 2.02.1 Volunteer Management/Marketing Volunteer Experience**
- 2.02.2 Management Skills: Communication**
- 2.02.3 Management Skills: Conflict Management**
- 2.02.4 Management Skills: Understanding Needs**
- 2.02.5 Management Skills: Crisis and Coping**
- 2.02.6 Management Skills: Group Dynamics**
- 2.03.1 Adapting to Change**
- 2.03.2 Stress management**
- 2.03.3 Intermediate Problem Solving**
- 2.03.4 Time Management**
- 2.03.5 Meeting Management**
- 2.04.1 Networking with Community Agencies**
- 2.04.2 Building a Resource Library**
- 2.04.3 Family Readiness Groups**
- 2.04.4 Military Rank and Command Structure**
- 2.04.5 Benefits, Entitlements, and Compensations**
- 2.04.6 Traditions, Customs, Courtesies, and Protocol**

LEVEL III

- 3.01.1 Listening Skills**
- 3.01.2 Building Self-Esteem**
- 3.01.3 Personality Traits**
- 3.02.1 Motivation Factors**
- 3.02.2 Leadership Skills**
- 3.02.3 Building a Cohesive Team**
- 3.02.4 Leadership Roles**
- 3.02.5 Group Conflict Management**
- 3.02.6 Problem Solving Techniques for Leaders**
- 3.03.1 How to Develop Presentations**
- 3.03.2 How to Plan and Conduct a Workshop**
- 3.04.1 Understanding the Organization of the Military**
- 3.04.2 Political Issues and the Military**
- 3.04.3 Effective Public/Media Relations**